

Physical Activity

Diabetes
SMART

ThinkSmart ActSmart LiveSmart

Presented by:
Community Dietitian

Diabetes Smart is a Healthy Wirral initiative



Wirral Community
NHS Foundation Trust

Group ground rules

We agree to:

- treat each other with respect
- let everyone's viewpoint be heard
- maintain confidentiality
- keep to the topic being discussed
- join in discussions
- share information and resources with others
- turn mobile phones to silent/turned off

Introductions and Questions

- Share your main question

Benefits of Physical Activity

- Improved blood glucose levels
- Reduced Cardiovascular disease risk
- Reduced blood pressure
- Improved blood fat levels
- Weight management
- Loss of and redistribution of fat
- Improves quality of life
- Improved sleep
- Reduced breathless
- Improved fitness
- Improved bone strength
- Reduced risk of some cancers
- Reduce risk of falls, joint and back pain, depression
- Reduced overall risk of death

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

Be active

at least

150

minutes

moderate intensity
per week

increased breathing
able to talk

OR

or a combination of both

at least

75

minutes

vigorous intensity
per week

breathing fast
difficulty talking



to keep muscles, bones and joints strong

Build strength

on at least



2 days a week

Gym
Voga
Carry heavy bags



Minimise sedentary time

Break up periods of inactivity



For older adults, to reduce the
chance of frailty and falls

Improve balance

2 days a week



Moderate Intensity Activity



Breathing is increased (heavier/faster). Still able to talk/hum but not sing
Increase in heart rate
Feel warmer and may sweat on hot or humid days.

Aim for at least 150 minutes (2 and ½ hours) each week

Vigorous activity



Working really hard.
Breathing very hard/fast
and have difficulty talking
(only able to say a word or
two)

Rapid heartbeat
Heavily perspiring

75 minutes per week or a
combination of moderate
and high intensity activity

Intensity



Activity to Improve Muscle Strength



At least 2 days a week
Training with weights (or
body weight). Aim to
work all major muscle
groups (
Exercises should be
performed to the point at
which it would be
difficult to do another
repetition without help.

Physical Activity

- Benefits can be achieved through sessions of 10 minutes or more.
- Overall volume of physical activity is more important than frequency or duration.
- Effects (blood glucose, calorie burning) last longer than time doing exercise itself.
- Regular activity is important to sustain the benefits.
Aim to be active every day, at least spaced at no more than 48 hour intervals .

Reduce Time Spent Sitting

- Sedentary behaviour is not just a lack of physical activity.
- It is regularly doing things where you are sitting or lying and energy expenditure is very low.
- Spending large amounts of time being sedentary may increase the risk of some health problems.

Safety

- Build up gradually
- Warm up/cool down
- Foot care
- Hydration
- General safety – let others know where you are going and avoid exercising in remote places alone
- Seek medical advice before starting a new physical activity, especially if planning to do something strenuous or have other underlying medical conditions.

This is particularly important if insulin or sulphonylurea medications are used to treat Diabetes due to hypo risk

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Barriers to activity and ways to increase activity

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SMART Goals

Specific

What will you do?

Measurable

How much...how often?

Achievable

How confident are you that you **can** do it? (at least 7/10)

Realistic

How confident are you that you **will** do it? (at least 7/10)

Time Bound

When will you do it?

Evaluate

How did it go?

Review

What will you do next?

Questions to help you set your Goals

- What is your Goal?
- How important is your Goal to you?
- What makes it important?
- What do you need to achieve it?
- Which bits will you do this week?
- How much? How often? When?
- If you visualise yourself doing this bit of your Goal this week, how confident do you feel, on a scale of 0-10?

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Questions

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Further support

You can access the following topic session:

- Food labelling
- Carbohydrate Awareness
- Healthy Lifestyle
- Keeping well with Diabetes
- Review sessions

Book by ringing 0151 604 7271 or emailing
wchc.dieteticsadult@nhs.net

Thank you for joining us today!

**Please take a moment to complete
a short evaluation...**

To book on to topic sessions please
call the **0151 604 7271.**

Hypos (low blood glucose levels)

- Blood glucose levels below 4 mmol/l (with or without symptoms)
- Effects can last for up to 24 hours
- Should not be a risk for diet control/metformin treatment

Symptoms of hypos (low blood glucose levels)

- feeling shaky
- Sweating
- Hunger
- Tiredness
- blurred vision
- lack of concentration
- Headaches
- feeling tearful, stroppy or moody
- going pale

Possible causes of hypos (low blood glucose levels)

- unplanned physical activity
- not enough carbs
- delayed or missed meal or snack
- too much insulin/ diabetes medication
- Heat
- injecting insulin in an area being used for exercise
- not rotating insulin injection site and developing 'lipos'
- drinking large quantities of alcohol or alcohol without food

Hypo treatment (rule of 15s)

15–20g of fast-acting carbohydrate. Suitable treatments include:

- Glucose tablets x 4 to 5
- Sweets, such as jelly babies x 4
- Pure fruit juice x ~ 200ml
- Glucose gel x 1-2 tubes
- A sugary (non-diet) drink (may need ≥ 200 ml) – check labels

Retest blood glucose levels after 15–20 minutes and re-treat if blood glucose levels are still less than 4mmol/l.

snack of 15–20g of slower-acting carbohydrate e.g.

- a sandwich
- piece of fruit
- cereal
- some biscuits and milk

Preventing hypos

- take tablets and/or insulin injections correctly
- reduce insulin dose for planned activity
- avoid injecting insulin in the areas of the body about to be used in exercise
- don't miss a meal.
- eat enough carbohydrate: take extra carbohydrate if more active than usual
- carry hypo treatment
- do not drink alcohol on an empty stomach or drink too much alcohol.

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